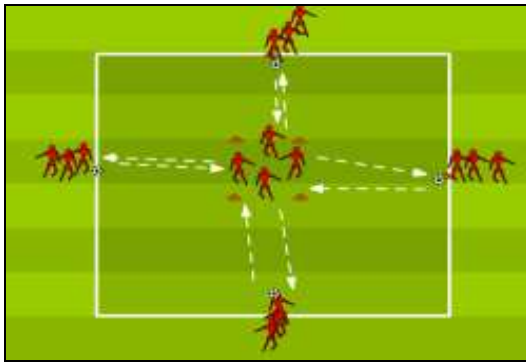


Warm Up: Passing Circle.



Coaching Points:

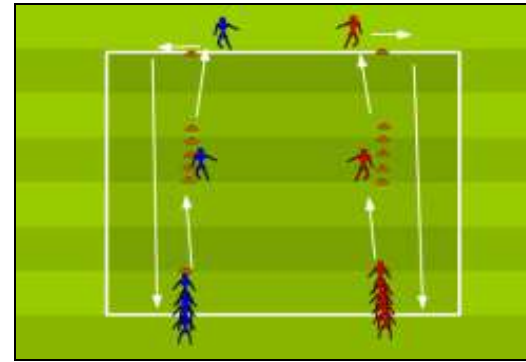
- Inside of foot for pass. - Always on toes.
- Keep head up. - Close control on ball.

- Players split into 4 lines with 4 players in center of square.
- Players pass into center player then join back of the line, center player always passes the ball back from where it came from.

Progressions:

- After making pass move to the line to the right.
- Center player moves left or right.

Fast Feet:

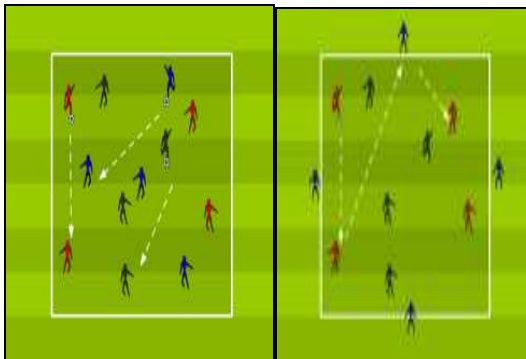


Coaching Points:

- Be on toes. - Use of arms to generate speed.
- Speed - Quick change of speed.

- 2 lines.
- Sprint to fast feet cones, then sprint to furthest cone before jogging back.
- Perform each fast feet movement for around a minute.
- Each player sets off after player in front reaches 3rd cone.

Unopposed – Opposed: Decision Making.



Coaching Points:

- Quick movement away from ball.
- Firm pass with inside of foot.
- Strike center of ball. - Communication.

Unopposed:

- Split into 3 teams.
- Players must look to pass & move around area looking to create a mix of passing.
- Encourage that they must cover every blade of grass.

Opposed:

- 2 teams in center, whilst the 3rd team play as bumper players on the side.
- Rotate bumpers after every few minutes.

Game Related Activity:



Coaching Points:

- Quick passing & moving.
- Communication.
- Firm passing & confident play.

- 2 teams with bumper players either side of the goal.
- Players can use the bumper players to create more passes & goal scoring opportunities.
- Progressions:**
- You have to score a goal via a pass from a bumper player.
- **End with Scrimmage (6v6).**